

Who could benefit?

The informal learning, outdoor environment and emphasis on practical skills may appeal particularly to young people who **may have difficulty achieving success** in the classroom. The benefits gained from the programme often mean that the young people are **more likely to adapt** to stressful and challenging situations in school and beyond.

This programme supports young people initially to **build self esteem**, gain confidence, develop a respect for others and the environment. The young people will progress to gain inner strength, establish their own identity as individuals, recognise the responsibilities that come with adulthood and **develop positive aspirations** for the future.

Youth Vision is a **City of Edinburgh Activity Provider** and is committed to providing opportunities for young people in accordance with the **Curriculum for Excellence**.

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Youth Vision

Who are we?

Youth Vision is a **unique outdoor programme** supporting young people to make a smooth and happier transition to adulthood. Our project is based at a farm steading in the **Pentland Hills** and is open to young people in S3 and above.

What do we do?

Each session involves wilderness survival skills such as fire lighting, shelter building, wood carving and outdoor cooking, **practical conservation work** such as tree planting and path building, or creative arts such as drumming, storytelling and clay modelling.

Through therapeutic exercises, group discussions and counselling, the young people are able to explore their own views, feelings and thoughts in a safe space. The young people are introduced to different traditional beliefs, values and cultures from around the world to illustrate the significance of this life stage traditionally and **add meaning** to their transition to adulthood.

